

# 7 NUMBERS

## EVERY NORTH SHORE SENIOR NEEDS

### PERSONAL HEALTH

1

Your doctor's #

**When:** Office/clinic hours

**Why:** Your doctor is your health expert. Call if you have an urgent concern you think needs to be seen. Don't have a GP? **Call the GP Link at 778-945-3017.** The N.S. Division of Family Practice will connect you with a doctor.

### HOME HEALTH

2

604-986-7111

VCH North Shore Home Health

**When:** Monday to Friday 8 a.m. - 4:30 p.m.

**Why:** To find out if you qualify for home support for personal care, home care nursing or rehab, palliative care, day programs for adults or respite services for caregivers.

**What:** Trained phone staff will identify your needs and refer you to appropriate services. Some services may be free based on income.

### MENTAL HEALTH

3

604-982-5600

Older Adult Mental Health Team - North Shore

**When:** Monday to Friday 8:30 a.m. - 4:30 p.m.

**Why:** If you have concerns for yourself or others about mental illness and dementia, behaviour issues, physical or functional decline or substance use and unsure about what to do.

**What:** Mental Health clinicians will identify your needs, address your concerns and refer you to the appropriate service. A GP referral is required.

### SENIORS' RESOURCES

4

604-983-3303

Seniors' One Stop (nsrc.bc.ca)

**When:** Monday to Friday 9 a.m. - 4:30 p.m.

**Why:** If you need information and access to a wide range of North Shore non-profit, public and private resources for seniors.

**What:** Confidential consultations with seniors and those who support them, including professionals, in person, in our office, over the phone or via email.

### COMMUNITY SERVICES

5

2-1-1 (bc211.ca)

**When:** 7 days/week, 24 hours/day

**Why:** If you need a service and aren't sure what it's called or where to find it, connect to an Information and Referral Specialist with detailed knowledge of community, social and government services.

### HEALTH INFORMATION

6

8-1-1 (healthlinkbc.ca)

**When:** 7 days/week, 24 hours/day

**Why:** If you're feeling unwell or have a minor injury and are unsure about what to do. Or if you just have a health question or need advice about a health issue.

**What:** Health advice from a nurse; nutrition information from a dietitian; advice about drugs and pills from a pharmacist; where to find health services in your community.

### EMERGENCY SERVICES

7

9-1-1

**When:** 7 days/week, 24 hours/day

**Why:** Any serious emergency. Ambulance attendants will arrive to assess if you need to be transported to the local emergency department.

Vancouver  
CoastalHealth

Order at [vch.eduhealth.ca](http://vch.eduhealth.ca)  
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North Shore  
Community Resources  
Connecting You to Community Services

bc211 we can help  
in partnership with  
the United Way

BRITISH  
COLUMBIA

HealthLinkBC

North Shore  
Division of Family Practice  
A GPSC initiative